



Steamed Sponge Cake

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



202 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 6 egg whites
- 6 egg yolk
- 1.5 cups flour all-purpose
- 1 cup brown sugar light
- 0.3 cup milk
- 1 teaspoon vanilla extract

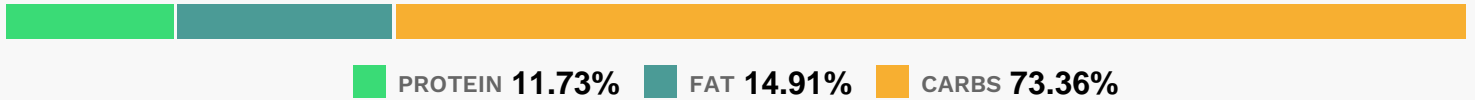
Equipment

- frying pan
- mixing bowl
- wire rack
- toothpicks

Directions

- Arrange a large bamboo steamer or a large vegetable steamer over simmering water. Make sure it is large enough to hold a 10 inch tube pan.
- In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add sugar, continuing to beat until stiff peaks form. In a medium bowl, beat together egg yolks, milk and vanilla. Quickly fold into whites until no streaks remain. Sift together flour and baking powder, then quickly fold into egg mixture.
- Pour batter into 10 inch tube pan.
- Place the pan into the steamer. Steam for about 25 to 30 minutes, or until a toothpick inserted into the center comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:10.6, Inflammation Score:-2, Nutrition Score:5.7995652180651%

Nutrients (% of daily need)

Calories: 202.23kcal (10.11%), Fat: 3.34g (5.13%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 36.44g (13.25%), Sugar: 22.02g (24.47%), Cholesterol: 117.62mg (39.21%), Sodium: 87.13mg (3.79%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 5.91g (11.82%), Selenium: 16.42µg (23.46%), Vitamin B2: 0.24mg (14.13%), Folate: 51.02µg (12.76%), Vitamin B1: 0.17mg (11.43%), Phosphorus: 82.95mg (8.3%), Iron: 1.38mg (7.67%), Manganese: 0.15mg (7.56%), Calcium: 69.82mg (6.98%), Vitamin B3: 1.16mg (5.81%), Vitamin B5: 0.5mg (4.99%), Vitamin B12: 0.27µg (4.51%), Vitamin D: 0.67µg (4.48%), Vitamin A: 168.91IU (3.38%), Vitamin B6: 0.06mg (3.05%), Potassium: 103.31mg (2.95%), Zinc: 0.43mg (2.84%), Copper: 0.05mg (2.51%), Magnesium: 9.76mg (2.44%), Fiber: 0.51g (2.03%), Vitamin E: 0.29mg (1.96%)